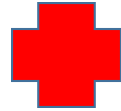




10 ESSENTIALS:



TOOLS FOR EMOTIONAL FIRST AID™

CALM	<ul style="list-style-type: none">• PAUSE• BREATHE• BODY	Reduce “Threat” Response, Be Aware in the Present Slowly and Deeply Notice Sensations, Tense and Release muscles, 5 Senses
CONNECT	<ul style="list-style-type: none">• COMFORT• CONNECT• COMPASSION	Soothing Self, Hand on Heart, Movement, Nature, Music With Others, Hugs, Professionals, Your Community Kind to Yourself, Common Humanity
CLARITY	<ul style="list-style-type: none">• AWARENESS• ACCEPTANCE	Triggers, Feelings, Perceptions, Values Situation, Self, Others without judgment
CHOICE	<ul style="list-style-type: none">• THINKING• PLAN & PROBLEM SOLVE	Flexible, Accurate, Positive Assess Options and Consequences Choose Wisely –Will my action lead to desired outcome?

Regulate~Relate~Respond~Repeat = Resilience

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Psychotherapy~Mediation~Divorce Consultation
Guidance toward Well-Being, Resilience and Healthy Relationships

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